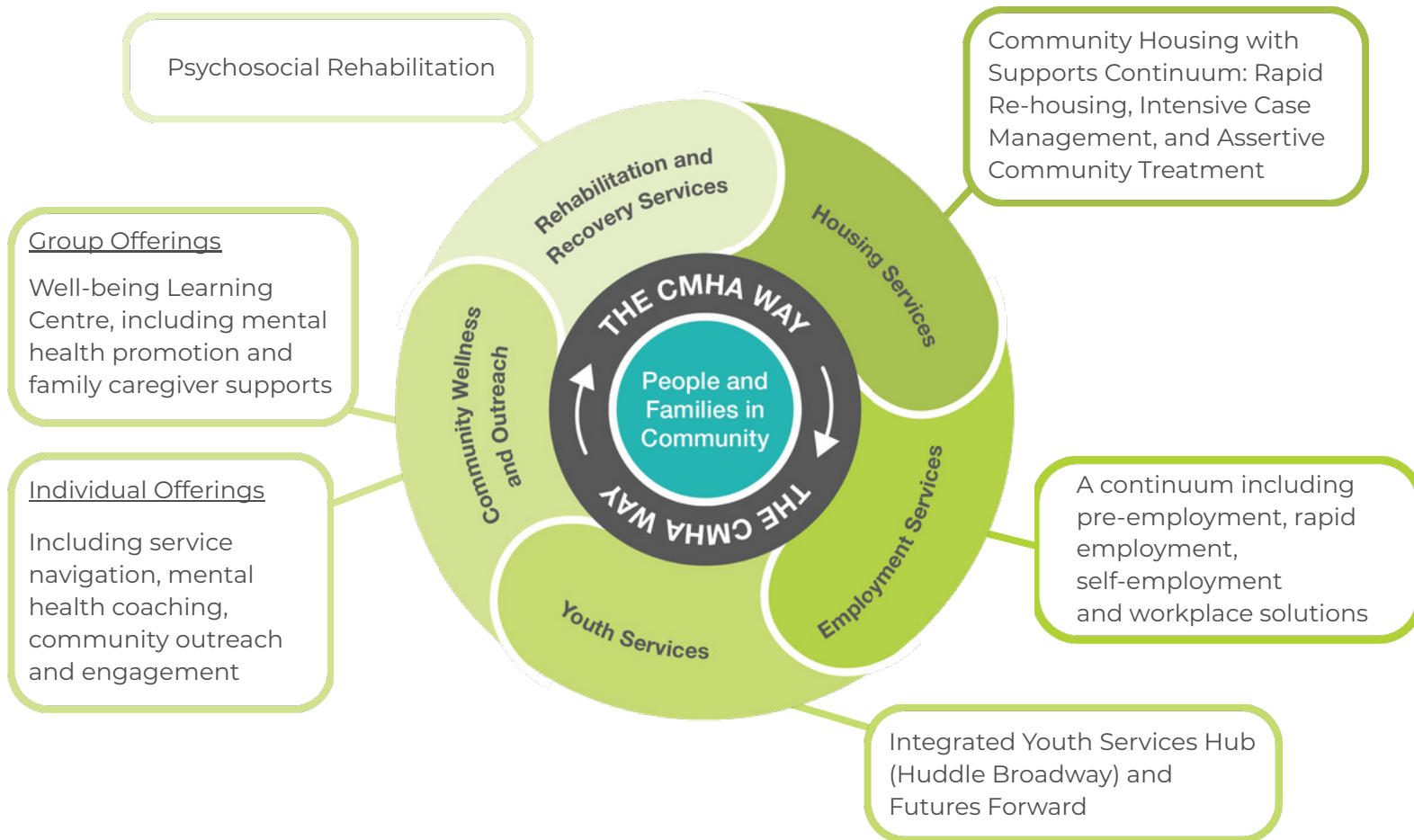




THE CMHA WAY

Our Philosophy - Something For Everyone

Our Values

- Work hard to listen
- Support one another
- Create strong connections
- Be curious
- Discover better ways
- Focus on impact
- Serve with Passion
- Embrace IDEA - Inclusion, Diversity, Equity, and Accessibility
- Honour lived experience
- Believe it's possible

Our Approach

- Two-eyed seeing
- Social and community integration
- Recovery-oriented
- Trauma care
- Mental health and substance supports and expertise
- Motivational enhancement
- Reducing harm
- Person-centered - personal choice and self determination